



## CorpClub Wellness Program

As a CorpClub member of the Oaklawn Hospital's Life Improvement Center, you, and/or immediate family members will receive a substantial discount on a one year membership. If you prefer, start with a three month trial. We also offer low monthly payment plans.

**Equipment Available:** Over 70 cardiovascular and resistance exercise stations included:

- Eight Treadmills
- Three Recumbent Cycles
- Six Upright Cycles
- Two Stairmaster Steppers
- Four Rowers
- Seven Elliptical Trainers
- 21 Cybex Resistance Training Stations
- Over 2,700 lbs of Olympic Free Weights
- Cable Column & Lat Pulldown
- Two Nu-Step Seated Steppers

### Membership Includes:

- Unlimited Aerobics classes
- FREE Child Care
- Basketball Courts (indoor & outdoor)
- Fitness Evaluations
- Personalized Programs
- 20 x 60 lap pool (used for lap swim & aerobics)

### Amenities:

- 2 Whirlpools
- Dry Sauna & Steamroom
- Lockers & Locks
- Towels
- Soap/Shampoo
- Hair Dryers, and more

### Extra:

- Nutritional Consultations
- Individual & Group Weight Loss/Management Classes
- Massage Therapy
- Biometrics
- Personal Trainers

### **Trial Memberships** (may be done only one time)

3 month . . . . . \$175  
Discount . . . . . - 40  
CorpClub Price . . . \$135

### **Individual Annual Memberships** Includes Initial \$65 Fee for Individual

Individual . . . . . \$615  
OLIC Discount . . . . - 100  
CorpClub Price . . . \$515  
or \$108.50 down, then \$43.50/month

### **Family Annual Memberships** Includes Initial \$85 Fee for family

Family . . . . . \$950  
OLIC Discount . . . . - 155  
CorpClub Price . . . \$795  
or \$153 down, then \$68/month

HOURS			
<u>September 1 - May 31</u>		<u>June 1 - August 31</u>	
Mon - Thur	5:30 am - 9:00 pm	Mon - Fri	5:30 am - 9:00 pm
Fri	5:30 am - 8:00 pm	Sat	8:00 am - 2:00 pm
Sat	8:00 am - 4:00 pm	Sun	Closed
Sun	11:00 am - 4:00 pm		